



Tools For Action

An inventory of nutrition and physical activity interventions in Wisconsin

Program Name

Sauk County Coalition for a Fit & Healthy Community

Contact Information

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Title of Main Contact Sauk County WIC Director
Agency Affiliation of Contact Sauk County Health Department
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Program Information

Type of Program Coalition
Year Coalition was Formed 2003
Primary program focus Both Physical Activity & Nutrition
Region Southern
County Sauk
Coalition Web Site Address not yet

Program Information

Represented Groups on Coalition Business Community Government Health Care Health Dept Schools UW-EX WIC	Represented Professions on Coalition Business Citizen Rep Dietitian Educator Exercise Specialist Nurse Physical Therapist Physician Other
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A Wisconsin Nutrition and Physical Activity Program



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Intervention Name

Wisconsin Diabetes Prevention and Control Program

Intervention Information

Type of Intervention: Physical Activity & Nutrition Event
Focus Area: General Physical Activity & Nutrition
Intervention Site or Setting: Community
Scope of Intervention: County
Target Audience: White, Both genders Ages 1-4, 5-11
Total Population in Area Served: 58,000 people in Sauk County
Number of Participants: 750
Implementation Status: Two - 3 hour events

Partners:
Unique Funding:
Evaluation: Impact on Knowledge – One time survey
Evidence-Based or Best Practice based on We have done similar cooking demonstration for Veggin out over the summer which participants did say they were going try these recipes at home and include more vegetables in their diet.

Products Developed or Materials Used:

Interactive display, recipe handouts, 5 a day literature, team nutrition literature

Intervention Description:

Participants will identify methods to increase their physical activity through hands on participation. Community members will identify appropriate serving sizes through interactive displays. Participants will taste test different child appealing vegetable recipes to help meet their nutrient requirements.

A Wisconsin Nutrition and Physical Activity Intervention